

Health – Factors Influencing Healthy Eating

Read the following scenarios and complete the questions provided below with complete sentences on a separate piece of paper.

Factors that can Influence Healthy Food Choices	
- Medical	• (e.g., allergies, health conditions)
- Social (Media)	• (e.g., peer influence, holidays/events) • (e.g., fake news, celebrities, screen time)
- Emotional	• (e.g., how you're feeling, stress levels)
- Environment	• (e.g., what food is available, how much it costs)
- Cultural	• (e.g., eating/avoiding certain foods and different times of the year)

Scenario 2

Paula swims with the local swim club. Every morning she gets up early and goes to the pool to train. Paula doesn't like to eat a full breakfast so early in the morning, but she drinks a glass of orange juice before heading to the pool, has a granola bar in the car and has a complete breakfast that includes foods from Canada's Food Guide when she gets home. Paula eats often during the day and incorporates all types of food into her diet. When Paula doesn't do as well as she would like to at a practice or meet, or gets a poor mark in school, she tends to eat a lot of less healthy foods such as chips, pop, and fast food. She finds this food comforting and feels it takes her mind off what is not going as well as she would like. This happens only when something does not go as Paula would like it to.

- i) What factor(s) are influencing Paula's eating habits?
- ii) What would you change, if anything, about Paula's eating habits or training schedule?
- iii) Why do you think the less-healthy food is comforting?

Scenario 3

Melinda has been invited to Manjot's birthday party. She is very hesitant to go because she is worried that there won't be any food that is safe for her to eat. She is tired of constantly saying "no thank you" and making excuses about why she declines food offered to her. She is embarrassed that she must carry an epinephrine auto-injector everywhere she goes because she is allergic to eggs – none of her friends must. She is always worried that if she does eat something she may have a reaction and need to use her epinephrine auto-injector in front of all her friends. She had a reaction at her last school, and no one talked to her after that. She really likes Manjot and doesn't want to miss the fun, but she tells him she can't make it.

- a) What factor(s) are influencing Melinda's eating habits?
- b) How could Melinda solve this problem and still be able to go to the party?
- c) What can Melinda's friends do to be supportive and considerate of her allergy?



PACK A LUNCH

GRAIN

Sandwiches
Bagel
Pasta (Salad)
Mini Muffins
Leftovers
Rice
Wraps or Tortillas
Roll/Slice of Bread
Crackers
Cereal or Granola Bar
Mini Pancakes/Waffles

FUN ITEMS

Pretzels
Chips/Crackers
Fruit Snacks
Cookies
M&M's/Chocolate Chips
Graham Crackers
Marshmallows
Jello or Pudding

PROTEIN

Chickpeas
Hard-Boiled Egg
Peanut Butter
Hot Dog
Hummus
Meat Kabobs
Tuna
Chicken Strips
Black Beans
Meat Roll-Ups
Meat & Cheese Wrap

DAIRY

Yogurt
Cheese Stick/Cubes
Yogurt Drink
Yogurt Tube
Milk

VEGGIES

Carrots & Dip
Olives
Cucumber Slices
Pepper Slices
Celery
Peas or Corn
Salsa
Lettuce or Greens
Broccoli & Cauliflower

FRUIT

Sliced Fruit
Fruit Pouches
Fruit Leather
Applesauce
Dried Fruit
Fruit & Dip
Piece of Fruit
Fruit Juice

